

Spiritual Light Center

FEBRUARY NEWSLETTER



OUR VISION STATEMENT

The Spiritual Light Center is a peaceful and joyful fellowship of individuals, centered in love, dedicated to the God within, and honoring the many paths to truth.

OUR MISSION STATEMENT

We seek to develop our highest selves by continuous sharing of spiritual ideas, in an environment of unconditional love and respect for others.

Upcoming Speakers

February 5- Forrest Rivers

February 12- Jamie Ramsey

February 19- Melody Cooper

February 26- Kim May



President's Message

The following is a part of the End Poem for the game Minecraft. I'm sharing it with you because it spoke to me on a deep level, and I hope it speaks to you, too. As the author, Julian Gough, says, "it's an oversimplification to say "I wrote the End Poem": particularly in the second half, the universe wrote the End Poem through me. I had no idea what words would come out of my pen next; even though I was writing them down, I read them with fascination as they appeared."

Go to www.theendpoem.com and type in your first name to read the entire End Poem personalized just for you. Go to theeggandtherock.substack.com/p/i-wrote-a-story-for-a-friend to learn how it came into the public domain, and to send a PayPal donation to the author to support his work.

Excerpt of Minecraft's End Poem by Julian Gough

and the universe said I love you

and the universe said you have played the game well

and the universe said everything you need is within you

and the universe said you are stronger than you know

and the universe said you are the daylight

and the universe said you are the night

and the universe said the darkness you fight is within you

and the universe said the light you seek is within you

and the universe said you are not alone

and the universe said you are not separate from every other thing

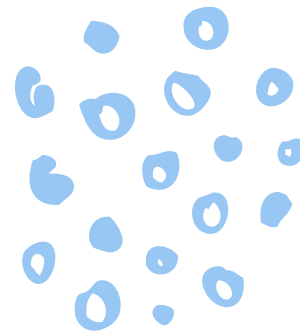
and the universe said you are the universe tasting itself, talking to itself, reading its own code

and the universe said I love you because you are love.

And the game was over and the player woke up from the dream. And the player began a new dream. And the player dreamed again, dreamed better. And the player was the universe. And the player was love.

You are the player.

Wake up.



February by Pamela Keyser

The artist, with gentle brush, expertly moves his hand.

Gentle here, hurried there, he sketches a wonderland.

Remembrance and imagination, clash and entwine,

The panorama on the paper is intricately divine.

Pine trees in formation, high and stately, statue-like still.

With a whining wind, the air is saturated with winter chill.

Brawny branches beseech the gods, stretching finger-twigs high.

Are they imploring, a soft blanket of snow, from the shadowy sky?

Answering slow flakes, like ballet dancers, pirouette to and fro...

swaying to a sacred tune, drifting to the ground below.

Silvery moonbeams freely sprinkle diamonds all around.

Scattering, rhinestones and sparkles upon the freezing, naked ground.

Silver and shadow disguises the land below.

Making darkness -- light, in a restful, quiet glow.

Mellow in character, it cares not where it stays.

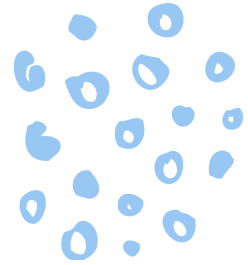
It takes refuge where it can, all during winter days.

Though the scene is bereft of color, a study in grey and white,

it never fails to awe with its beauty, be it day or night.

Jack Front renders phenomenal pictures in his palette of frozen dew,

Then straightens from his task and proudly takes in the view.



The Us Meditation

By Aidan Russell

Recently, while meditating, I was given this mini meditation from that small still voice in my head, call it source, God, or Guiding Angel. The meditation I received is one we can use to deal with when anger, stress or separation arises, or when duality/ me, versus them comes up. I'll call it the Us Meditation. It's not a seated lotus type of meditation. It's something you can do anywhere, and anytime these negative feelings come up for you. When you imagine the word "us" and you place an apostrophe after the u in "us", the u now becomes you's (u's). It becomes a simple way to remember that every-this, and every-that, is really you. A way to teach us that all is God, all is oneness, and everything is a part of the same source.

So, you can practice the "Us Meditation" when anger arises, when you get irritated with someone, when you are frustrated with something: just remember "Us" and close your eyes. Place your hand over your heart, and in your mind repeat the mantra, "it's just me, it's just me, I love you, All is one.. " Whatever you are facing, whoever is causing those negative feelings is source, God, looking back at you. The ego-mind or self doesn't want you to realize this, because what feeds the ego, what feeds the illusory self, is separation and duality.

If you can practice and catch yourself by staying in the present and be aware when a trigger arises you will be able to better respond. "It's just me, it's just me, I love you, all is One ". Remembering that all is one, all is Source, all is God.

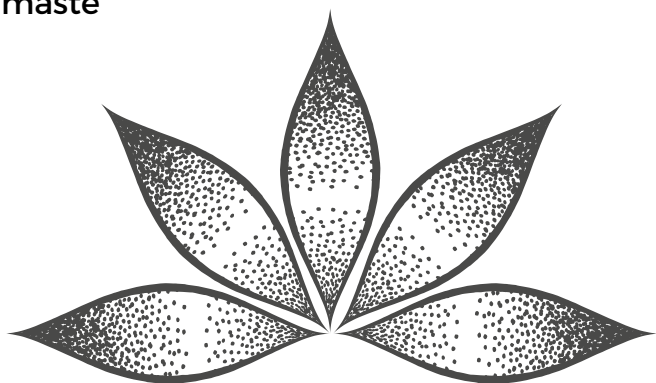
Sometimes on our Spiritual Path the ego likes to create attachments to thoughts, like "I'm awakened, I'm on the path of higher awareness and they aren't. I'm better than the people that are still asleep. Look at me, I'm closer to source than they are." That's where true enlightenment comes in. It's knowing that there is no higher or lower, no better or worse, or closer or further. It's all God, all Source, all the time. We are never separate because we are of God. We are the expression of the One.

Who are we to judge who is awake or asleep & how someone lives their life. When we lower ourselves to judge others we are giving the ego control. If we can just remember to take a moment for the "Us Meditation" and remind ourselves that everything is the one consciousness, the true one hidden behind these false illusions.

Remembering that your oneness, your connection to God, is the connection and oneness behind every blade of grass, every tree, every body of water, every bird and bee, every bug and rat, everything is God, everything is source, everything is you.

And when ego slips in and creates the negative thoughts, emotions, reactions or beliefs just remember Us. Use the meditation I am sharing with you to remind yourself that you are one with all that is. You are the expression of Source having the experience of you. With your hand over your heart, "It's just me, it's just me, I love you, all is One". Things get a lot easier.

Namaste



Workshop

I'd like to personally invite you to attend a powerful workshop I am offering on Monday nights in February. The Class is offered virtually through Zoom. ([Go to www.kashiatlanta.org](http://www.kashiatlanta.org) to register) We will be working together to clear our matrilineal karmic patterns and awaken the feminine power of our ancestors who are eager to support us here on Earth!

As a post-modern woman, living in these turbulent times, have you ever considered the losses, griefs, fears and angers that your Grandmothers, Great Grandmothers, Aunts, and others in your ancestry experienced throughout their lifetimes? Before this modern era of patriarchal colonization, single family urban living, women gathered in support of one another. No one carried their burdens alone in silence. However, without regular rituals and community sharing, a woman's grief often becomes heavy and results in anger or resignation. Fears become guideposts for decisions; feminine wisdom is blocked.

These patterns of unprocessed emotions can be passed onto future generations, even in utero, limiting self-empowerment and joyful living. So we will clear these patterns for ourselves, for our ancestors, and for future generations. If this resonates with you, and you want to clear some of this unconscious blockage from your life and the lives of your children, grandchildren, born or unborn, please join us for an experiential workshop series designed to help you identify and clear these hidden matrilineal patterns which may be 'weighing you down' and resulting in your 'doing the same thing over and over and expecting different results.' I promise you will feel freer; your ancestry will appreciate this freedom too!

Meditations, group sharing, homework and rituals will be shared within this special group of women. The group will reflect the power of our collective ancestry. It is my deep desire to share this with each of you.

Registration is open. Please go to www.kashiatlanta.org to register. The series runs 4 weeks on Monday nights from 7-9 pm in February. Please forward this invitation to others who you love. And let me know if you have questions.

Namaste,
Charlotte (Agni Jaya) Starfire





Ongoing Events

Thursday Movie Afternoons

Each Thursday at 3:00 PM Join our group in the Fellowship Hall for thought provoking movies, interviews and more. If you have time, stay and continue the conversation at a local restaurant.

Financial Report:

11/30/22 Opening balance \$8,219.44

Income +\$1,507.00

Expenses -\$1,826.24

12/31/22 Ending balance \$7,900.20

Yoga

Monday Evenings at 6 PM

Free Yoga class open to All
Bring your mat & be ready to move and relax

SPIRITUAL LIGHT CENTER INFORMATION 80 Heritage Hollow Drive, Franklin, NC 28734 Right behind the Gazebo Restaurant in Heritage Hollow 828-369-3065 • slcfranklin@frontier.com • www.spirituellightcenter.com. Our Zoom link is <https://tinyurl.com/SLC-zoom-meeting>

If you would like to contribute to SLC. We now have a PayPal account to make that easier. <https://tinyurl.com/SLC-donate>. This link takes you to a page where you can easily donate one time or make a recurring donation. You can also mail a contribution directly to us at Spiritual Light Center, 80 Heritage Hollow, Franklin, NC 28734.